

Bristol Recreation Department Program Guide: Spring & Summer 2020



Events - Programs - Camps

General Information

Our Mission

The Bristol Recreation Department is committed to offering lifelong learning opportunities through a wide range of quality recreational and performing arts activities to people of all ages.

Registration Information

You may register and pay online at bristolvtrec.com or mail in your signed registration with a check made out to: Town of Bristol

How to Register Online

1. Visit bristolvtrec.com
2. Create a new account or log in to your existing account. (Note: Creating a new account is a one-time event that allows you to utilize our system. It is not a registration by itself)
3. Enter the primary billing contact first (must be an adult)
4. Add other members of your household
5. After all members are added, you may browse programs and add classes and workshops to your cart.
6. Checkout and pay

Registration Guidelines

- Residents are those whose primary home is located in the 5 town area (Bristol, Lincoln, Starksboro, Monkton & New Haven)
- Parent/guardian signature is required for participants age 17 and under
- Not all classes or programs accept 'drop-in' participants. Please contact the Recreation Department if you have questions
- Please be aware that program information including time, location and associated fees may be subject to change
- If you require special accommodations, please contact the recreation department prior to the first class
- Failure to complete payment for a program prior to the first session/class may result in additional fees

Policies and Procedures

Scholarship Assistance

Scholarships are available through the Recreation Department Office. Please contact us to setup a meeting and complete the necessary paperwork.

Cancelations

If MAUSD schools are canceled due to inclement weather, Bristol Recreation Department programs will also be canceled.

Refund Policy

If you are dissatisfied with a program after the first session, you must submit a written explanation to the Bristol Recreation Department prior to the second session to be eligible to receive a refund. In the event of an extended illness or injury, the Recreation Department must be notified immediately and receive a written medical/doctor's explanation in order to issue a prorated refund. Bristol Recreation Department will not issue refunds for ticketed events or single session workshops. Refunds will be issued for programs canceled by the Bristol Recreation Department. An administrative fee of \$5.00 will be charged for all processed refunds.



Recreation Department Staff

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Contact Us

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Office Hours 8:00am-4:30pm
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Vacation Swim!

Mt. Abe Pool

10:15-Noon

\$3/person

Children under 2 free

April 20-24

Children 10 and under must be accompanied by an adult



GREEN UP VERMONT

SATURDAY MAY 2ND 2020

GREEN UP DAY, the first Saturday in May, is a special day in Vermont when thousands of volunteers come out in their communities for a massive spring clean up of litter. It is the largest statewide volunteer event in Vermont with over 22,000 taking part, and the only statewide Green Up Day in the United States.

In Bristol, we'll have volunteers handing out bags on the Town Green on May 2nd from 8 am - noon. We'll hold a Green Up Day Expo on the Town Green showcasing green energy and a free rain barrel building workshop in Holley Hall at 1pm.

Contact Carolyn Dash with any questions
(802)881-7341 or thecarolyndash@gmail.com

Home Composting Workshop

THURSDAY JUNE 4TH

LAWRENCE LIBRARY

6:00PM

Online registration required:

[https://www.addisoncountyrecycles.org/
food-scraps/composting/workshops](https://www.addisoncountyrecycles.org/food-scraps/composting/workshops)

Sponsored by: Addison County Solid Waste District and Bristol Energy Commission



TEDDY BEAR PICNIC

Wednesday June 24th

12pm

Bristol Town Green

Bring your favorite bear and join us at the Veterans Memorial where Vermont Teddy Bear's own Ted E. Bear will lead a parade to the playground for stories, songs and fun!

Town Wide Yard Sale

June 27th, 2020

9am - 3 pm

\$15 for Residential Site

Registration deadline: June 17th

All residential sites will be listed on our map and included in all advertising (Front Porch Forum, Facebook, Town Website, Bulletins, Flyers and more)

Register online at www.bristolvtrec.com or in person at the Bristol Recreation Office in Holley Hall





POCOCK ROCKS

MUSIC FESTIVAL AND STREET FAIR
SATURDAY, JUNE 20TH
⚡ 3 PM - 8 PM ⚡
DOWNTOWN BRISTOL



SUMMER MUSIC SERIES

4PM-6PM Bristol Rec Club Fields

Themes:

- May 24th ... String Music
- June 14th ... Beach Party
- July 12th ... Local Music
- August 23rd ... Vermont Youth Orchestra

PICNIC, PLAY, AND ENJOY

MUSIC at the PARK



7pm Wednesdays

JUNE 17TH - AUGUST 26TH

BRING A LAWN CHAIR, BLANKET, OR PICNIC
DINNER AND ENJOY AN EVENING OF SMALL
TOWN ENTERTAINMENT!



Tuesday August 4th at 6:30pm

Bristol Town Green*

Free and open to the public

*Rain Location: Holley Hall

The Traveling Theatre Wagon, based in
Charlotte, serves as our stage and inspi-
ration while we host summer camps and
collaborate to write original plays.



MOVIES IN THE PARK AFTER DARK

Free and open to the public
Showings start at dusk on the Town Green
Sponsored by :



July 9th



July 16th



July 23



July 30



August 6th

THE BRISTOL RECREATION
DEPARTMENT PRESENTS

SUMMER SWIM LESSON PROGRAM

SWIM LESSONS FOR KIDS OF ALL AGES
AND ABILITY LEVELS

Come join us for another summer in the pool! The Bristol Recreation Department and their American Red Cross certified staff of lifeguards/instructors for a summer full of fun at the Mt. Abe Pool.

Ages 5-14 June 22nd-July 31st

Infant/Child August 3rd - August 7th

Online registration will be available at www.bristolvtrec.com
For more information, contact the Bristol Recreation Department at
802 453 5885 or recdirector@bristolvt.org

Bristol Clay Studio

The Bristol Clay Studio is located in Artist's Alley next to Art on Main. All clay classes are held at the Bristol Clay Studio. We are delighted to have Matlak Mayforth, our Potter in residence now for over 18 years, teach all of our classes. The clay studio is a place where skills are learned, fun happens and connections are made. Class fees include the first 12.5 lbs. of clay, glazing and firing costs.



Wednesday Morning Adult Handbuilding

No experience necessary! Learn or refine several techniques of handbuilding to create functional or non-functional pottery in a fun, relaxed and supportive class! This class meets once a week for 6 weeks on Wednesday mornings.

Location: Bristol Clay Studio MIN/MAX: 5/10
 Age Day Time Date R/NR Fee Code
 Adult W 10:30-12:00P 4/8-5/20 \$75/85 002-10

Wednesday Evening Adult Handbuilding and Wheel Throwing

No experience necessary! Learn techniques for hand building and wheel throwing to create functional or non-functional pottery in a fun, relaxed and supportive class! This class meets once a week for 6 weeks on Wednesdays or Thursday nights and offers open studio time on Saturday mornings 9am-11am.

Location: Bristol Clay Studio MIN/MAX: 5/10
 Age Day Time Date R/NR Fee Code
 Adult W 6:00-8:00P 4/8-5/20 \$120/130 003-13



After School Pottery

After a busy day at school, come to the relaxed atmosphere of the Clay Studio. Students (Teens Welcome!) may choose between hand building and wheel throwing and will develop the skills of a potter while bringing their ideas into form. All work will be glazed and fired to take home.

The Rec. Department will walk students from the Bristol Elementary Office to the Pottery Studio.

Location: Bristol Clay Studio MIN/MAX: 6/10

Age	Day	Time	Date	R/NR Fee
6-16	Tu	3:15-4:45P	4/7-5/19	\$70/80
6-16	Th	3:15-4:45P	4/9-5/21	\$70/80

Pee-Wee Pottery

A fun and popular class where kids rule the clay! Parents are invited to observe and interact to support their child's clay play. Children are encouraged to let their imaginations fly, while learning techniques of handbuilding and the etiquette of working in a clay studio. Only work created by children will be glazed and fired to take home. This class meets once a week for six weeks.

Location: Bristol Clay Studio MIN/MAX: 5/8
 Age Day Time Date R/NR Fee
 3-6 Sa 9:30-10:30A 4/11-5/23 \$65/75

Vacation Clay Camps

What a great way to spend part of your spring break! Come to the Bristol Clay Studio and explore the potter's wheel or use your creativity and build with your hands. The emphasis of this week-long camp will be having fun and being creative while learning pottery techniques (Teens Welcome!).

Location: Bristol Clay Studio MIN/MAX: 5/8
 Age Day Time Date R/NR Fee Code
 6-16 M-F 1:00-3:00P 4/20 - 4/24 \$115/125 006-04

Summer Clay Camps

Join us for some seriously playful fun at the Bristol Clay Studio! Campers will have the opportunity to learn and develop handbuilding skills and work the potter's wheel. Come with your own ideas or plan on being inspired. All creations will be glazed and fired to take home

Location: Bristol Clay Studio MIN/MAX: 5/8
 Age Day Time Date R/NR Fee
 6-16 M-F 1:00-3:00PM 7/13-7/17 \$125/135
 6-16 M-F 1:00-3:00PM 8/3-8/7 \$125/135
 6-16 M-F 1:00-3:00PM 8/10-8/14 \$125/135

Education/Certificate Classes

AHA Adult & Child CPR/AED

In this class you will learn American Heart Association's CPR/AED and choking rescue techniques for adults and children over 1 year of age. This is an active class so please dress comfortably. This class includes a certification card upon completion.

Location: Rescue Squad Meeting Room
Instructor: Sharon Compagna **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee
Adult	Tu	6:30-8:30P	5/19	\$65/75



American Heart Association®

AHA First Aid

In this course, students will learn critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers as well as first aid actions for medical emergencies. A certification card will be issued upon successful completion of the course.

Location: Rescue Squad Meeting Room
Instructor: Sharon Compagna **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee
Adult	Tu	6:30-9:30P	6/16	\$65/75

Safe Sitter Essentials Class

The Safe Sitter program includes instruction in babysitting skills and techniques that include: care of choking infant/child, infant and child CPR, injury prevention and management, safety for the sitter, child care essentials, behavior management and babysitting as a business.



SAFESITTER

Location: Howden Hall
Instructor: Alex Mihavics **MIN/MAX:** 4/8

Age	Day	Time	Date	R/NR Fee
12-16	Tu	12:00-5:30P	4/8	\$65/75

Adult West African Drumming

Learn the rhythms of West Africa in this fun djembe drumming class! Instructor Seny Daffe grew up in Guinea, W. Africa, where he was trained by various master instructors and has taught and performed throughout W. Africa, Europe and the U.S.

Location: Holley Hall *Please drop in any week.
Instructor: Seny Daffe

Age	Day	Time	Date	R/NR Fee
15+	Su	5:00-6:30P	9/2-Ongoing	\$20/\$20

Vermont Hunter Education Traditional Course



This free class is open to participants of all ages*, experience and abilities. Hunters wanting to reactivate are encouraged to attend as well.

Topics covered include: Basic introduction to Hunter Education, Bow & Firearms hunting safety, Hunter responsibility & personal preparedness, wildlife conservation & hunting opportunities in the area. Safe firearms handling, hunter ethics, outdoor survival skills, wildlife management and hunting rules and regulations will also be covered in this course. Participants must attend all classes and pass the testing required to obtain a hunting license in the state of Vermont.

**Participants under 16 years of age must bring a completed Parental Consent Form*

Location: Holley Hall
Instructor: Fred Schroeder **MIN/MAX:** 10/40

Age	Day	Time	Date	R/NR Fee
Adult	(see below)			\$0/0

Participants must sign up online:

<https://www.register-ed.com/programs/vermont>

Class Schedule:

Monday, March 30th : 6:00-9:00P

Wednesday, April 1st : 6:00-9:00P

Saturday, April 5th : 8:00A-4:00P

Monday, April 6th : 6:00-9:00P

Wednesday, April 8th : 6:00-9:00P

Health and Wellness Classes

Holley Hall Play Group

There will be music and mats to play on and friends to make. Bring some toys and have some fun. Co sponsored by: Building Bright Futures

All children must be accompanied by an adult

Location: Holley Hall

Age	Day	Time	Date	R/NR Fee
0-5	Fri	9:30-11:30A	10/3-5/29	\$0/\$0



Community Volleyball

This is an intermediate level program. Experience in recreational volleyball is required. Classic three touch volleyball team play creates a fun, fast-paced game with receiving, passing, setting and smashing.

PLEASE NOTE: Time is subject to change due to school schedule. No volleyball during school vacations.

You may pay \$2.00 per session rather than the full season

Location: Bristol Elementary School Gym

Instructor: Teri Fitzgerald MIN/MAX: 8/16

Age	Day	Time	Date	R/NR Fee
15+	W	7:00-9:00P	9/12-6/17	\$2 per session

Community Basketball

Stay active year round with this 'pick-up' style basketball program.

PLEASE NOTE: Time is subject to change due to school schedule. No basketball during school vacations.

You may pay \$2.00 per session rather than the full season

Location: Bristol Elementary School Gym

Instructor: Justin Tierney MIN/MAX: 6/30

Age	Day	Time	Date	R/NR Fee
15+	M	7:00-9:00P	9/10-6/15	\$2 per session

Sun Style Tai Chi for Seniors

The gentle movements of Tai Chi can improve balance, focus and general health. Participants may also notice a decrease in arthritic pain.

Location: Holley Hall

Instructor: Helen Turner

Age	Day	Time	Date	R/NR Fee
50+	M	11:00-12:00A	9/2-6/8	*FREE*

Sun Style Fall Prevention

This is a beginning level Tai Chi class that also functions as a review for someone getting back into Tai Chi. Working with Qi-Gong exercises and learning the Sun Style basic forms, this class will prepare participants for joining ongoing classes or just practices on their own.

The Fall Prevention Program is a slow series of movements designed to assist with balance, flexibility and body awareness in easy step by step lessons by Tai Chi Vermont certified instructor Jerry Henderson.

Location: Holley Hall

Instructor: Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	M	9:30-10:45P	10/7-5/25	*Free*

Advanced Sun Style 73 Forms

This class is open to those with experience in the Sun-Style 73 Forms. The focus will be on group practice of the form with questions and experiential discussion. Also new, more useful practice forms will be introduced to increase flexibility, stability and of course, focus, overall health and well being.

Location: Holley Hall

Instructor: Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	W	10:00-11:00A	1/8-5/20	*FREE*

Intermediate Yang Style Tai Chi

This class is suitable for anyone with some experience in Yang Style Tai Chi. We will be utilizing the Yang 24 Forms for practice with teachings by various practitioners and Masters for an in-depth understanding of what each move has to teach us as a group and individually. The class is certified through Tai Chi Vermont.

Location: Holley Hall

Instructor: Jerry Henderson

Age	Day	Time	Date	R/NR Fee
Adult	W	10:00-11:00A	1/8-5/20	*FREE*

B Fit Classes

At BFIT we strive to build an environment that promotes health, fitness, and community. Not only do we offer daily group fitness classes at our center, but we also work closely with the Mount Abraham Unified School District and the Bristol Recreation Department to bring Wellness Classes and Programs to the community at large. At BFIT we believe that health and fitness is more than just a routine workout. It's developing a healthy and sustainable lifestyle and encouraging others to do the same. Learn more at www.bfitvt.com

Strength Express

Have you wanted to get stronger but need guidance? This is a great way to commit 2-30 minute sessions per week to improve your strength, balance and flexibility.

Signup by emailing Kim Jacobs at kim@bfitvt.com or calling BFIT at 802.453.5205



Boot Camp 45

Start your day with cardio intervals, core and body weight exercises. This class features a productive 45 minutes that will wake you up, burn calories and increase your endurance. Each participant will start and progress at their own pace as low impact options will always be offered and encouraged.

Signup by emailing Kim Jacobs at kim@bfitvt.com or calling BFIT at 802.453.5205



Gentle Yoga

A great class for beginners, this gentle inward experience will emphasize a healthy back, stress reduction and increased flexibility. Centering pranayama and safe techniques are taught as well.

Signup by emailing Kim Jacobs at kim@bfitvt.com or calling BFIT at 802.453.5205

Yoga Flow

Explore ways to develop your flexibility and balance through poses and breathing. This series of stretches, poses and moves create a holistic experience that brings the body into a state of harmony and balance.

Signup by emailing Kim Jacobs at kim@bfitvt.com or calling BFIT at 802.453.5205



BFIT
BRISTOL FITNESS bfitvt.com



Gymnastics Classes

Family/Child Gymnastics

In this family/toddler class parents **MUST** participate with their child. We will have a fun-filled morning of movement in a safe environment. They will develop balance and body awareness as we learn foundational skills on tumbling mats, balance beams, bars and more.

Location: BES Gym
Instructor: Lindsey Hescock **MIN/MAX:** 3/6*
Age Day Time Date R/NR Fee
 2-4 Sa 9:00-9:50A 4/18-5/16 \$65/75



Beginner Gymnastics

School Age, K-6 students will work on the foundational skills they need to learn and master rolls, cartwheels, round offs, headstands, handstands, backbends, jumps and more. Students will improve balance, body awareness, coordination, flexibility, and confidence while using tumbling mats, balance beams, bars, rope, and other equipment.

Location: BES Gym
Instructor: Lindsey Hescock **MIN/MAX:** 3/6*
Age Day Time Date R/NR Fee
 5-12 Sa 10:00-11:00A 4/18-5/16 \$75/85

Intermediate Gymnastics

In this class, students will take their skills to the next level. Entry into this class requires students to have completed at least one previous session and be able to do rolls, cartwheels, a handstand, and a backbend on their own.

Location: BES Gym
Instructor: Lindsey Hescock **MIN/MAX:** 3/6*
Age Day Time Date R/NR Fee
 5-12 Sa 11:00-12:15P 4/18-5/16 \$85/95

Advanced/Pre-Competitive Gymnastics

This class will give motivated students extra time in the gym to work on skills including walkovers, handsprings, and movement combinations on all apparatus. Experienced gymnasts and teens will practice skills they will need in U.S.A Gymnastics competitions.

Location: BES Gym
Instructor: Lindsey Hescock **MIN/MAX:** 3/6*
Age Day Time Date R/NR Fee
 5-12 Sa 12:30-2:00P 4/18-5/16 \$95/105



Gymnastics Summer Camps are still in development! Check the Bristol Recreation Department website and Facebook Page for updates.

**Due to staffing limitations, class sizes will be capped at six gymnasts*

Dance / Ballet Classes

Classes are led by Evelyne Germain who trained at the Boston Conservatory of Music, The Alvin Ailey American Dance Center, Les Ballets-Jazz de Montreal and with Shelley Ismail among others. She danced professionally with the Ottawa Dance Theater, Axis Mime Theater and Theater of Giants.



Contemporary/Ballet

These classes focus on the fundamentals of dance technique, strengthening the body with ballet basics, developing body awareness and increasing flexibility and coordination. Students will have fun learning contemporary dance and ballet in a positive learning environment.

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/12

Age	Day	Time	Date	R/NR Fee
9-13	Tu	4:15-5:15pm	3/3-3/31	\$68/73
9-13	Tu	4:30-5:30pm	5/5-6/9	\$80/85
7-9	Fri	4:00-5:00pm	5/1-6/5	\$80/85

Pre-School/Kindergarten Dance

Perfect for the younger student, these classes are designed as an introduction to dance and basic ballet. The class will develop and focus on body and spatial awareness, balance, and flexibility. We will also explore rhythms, musicality and stimulate children's imagination and creativity

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/8

Age	Day	Time	Date	R/NR Fee
3-6	Tu	3:30-4:15pm	3/3-3/31	\$65/70

Creative Movement/Ballet

Students will develop body and spatial awareness, balance and increase strength and flexibility through learning ballet technique. Their imagination and creativity will be stimulated through music, rhythms, images and stories. Students will also learn a short dance and present at the end of the session.

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee
4.5-6.5	Tu	3:30-4:30pm	5/5-6/9	\$80/85

Dance and Nursery Rhymes Camp

Perfect for the younger student, this camp is designed as an introduction to dance and basic ballet. We will explore nursery rhymes with dance. The class will also focus on body and spatial awareness, balance, and flexibility. We will explore rhythms, musicality and stimulate children's imagination and creativity.



Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee
3.5-6	M-F	11:00-1:00pm	6/22- 6/26	\$135/140

The Circus Dance Camp

During this camp we will explore the movements we see at the circus and create a dance which will be perform on the last day. We will also develop body and spatial awareness, balance and increase strength and flexibility through learning beginning ballet technique and contemporary dance.

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee
5.5-8	M-F	11:00-1:30pm	6/29- 7/3	\$160/170

Creatures of the Ocean Dance Camp

During this camp we will explore the movements of ocean creatures and create a dance which will be perform on the last day. We will develop body and spatial awareness, balance and increase strength and flexibility through learning beginning ballet technique and contemporary dance.

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee
9-13	M-F	11:00-2:00pm	7/20- 7/24	\$175/185

Adult Beginner Ballet and Stretching

Come enjoy stretching, doing a barre, and moving to classical piano music. No prior dance experience necessary. Come give it a try!

Location: B Fit
Instructor: Evelyne Germain **MIN/MAX:** 5/12

Age	Day	Time	Date	R/NR Fee
13-72	F	5:00-6:00pm	5/1-6/5	\$80/85

Photography



Digital Photography Series

Tired of shooting on Auto mode? What's the difference between Aperture Priority and Shutter Priority? What is the rule of thirds? This series will cover these questions and more as well as the basics of digital photography with a Digital Single Lens Reflex (DSLR) Camera. Get yourself off the 'auto' setting and maximize your camera in this 4 week course. All participants are encouraged to bring their DSLR camera and manual to this workshop. **DSLR cameras are available to borrow for class use only**

Sign up for all 4 classes online and pay just \$90

Location: Bristol Fire Station - Conf. Room

Instructor: Mark Bouvier

MIN/MAX: 4/10

Introduction to Digital Photography

The goal of this session is to get yourself fully acquainted with your camera. This workshop will cover the basics of digital photography with a Digital Single Lens Reflex (DSLR) Camera.

Age	Day	Time	Date	R/NR Fee
13+	Tu	5:30-6:30P	4/21	\$30/40

Beyond the Basics

In this session, participants will gain an understanding of the ISO, aperture and shutter speed, including depth of field.

Age	Day	Time	Date	R/NR Fee
13+	Tu	5:30-6:30P	4/28	\$30/40

All About Lighting

Lighting, both ambient and flash photography along with shooting during the golden hour will be the topics of this session.

Age	Day	Time	Date	R/NR Fee
13+	Tu	5:30-6:30P	5/5	\$30/40

Bristol Photography Walk

Apply all your new-found photography skills by photographing beautiful downtown Bristol. Afterwards, participants will return to the Fire Station to look at their results.

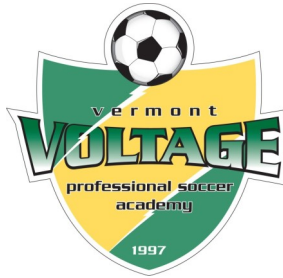
Age	Day	Time	Date	R/NR Fee
13+	Tu	5:30-6:30P	5/12	\$30/40



Summer Camps

Vermont Voltage Soccer Academy

Enjoy the opportunity to learn all aspects of soccer in a challenging, competitive environment from a professional soccer team. The focus will be on the development, improvement and refinement of basic soccer playing skills. Individual and group Instruction will be provided by Vermont Voltage Soccer coaches and players.



Location: Bristol Rec. Field **MIN/MAX:** 6/25
Instructor: Vermont Voltage Coaches
Age Day Time Date R/NR Fee
 8-12 M-F 9:00-12:00 7/6-7/10 \$125/135

Mountain Bike Camp

Bristol Recreation Department is excited to offer a mountain bike skills camp by Professional Mountain Bike Instructors (PMBI). The camp will be based out of the Hub Teen Center and will have access to the trails, park, and skills field. Riders will learn bike handling skills, basic bike maintenance, and trail etiquette. Riders should be comfortable on their bikes. *Campers must provide their own bike in good working condition, proper close-toed shoes, proper fitting helmet and water bottle. BRD will have limited bike sizes available through our bike library, please contact us at 802.453.5885*

*Lunch is included.
Location: Hub Teen Center
Instructor: Meridith McFarland **MIN/MAX:** 3/12
Age Day Time Date R/NR Fee Code
 7-12 M-F 8:00-3:00pm 6/22-6/24 \$150/160 71320-01
 7-12 M-F 8:00-3:00pm 7/13-7/17 \$250/260 71320
 7-12 M-F 8:00-3:00pm 8/10-8/14 \$250/260 71320-02



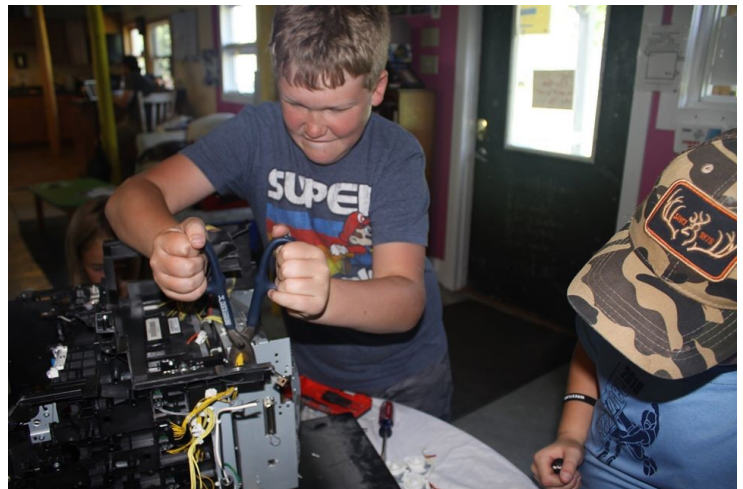
River Camp

This camp offers hiking, swimming, paddling, games & more! Participants should be willing to do it all. A great deal of time is spent in and around water. Ability to swim is strongly suggested.

This memory making camp is in it's 20th year. This Camp fills quickly so don't delay in registering.
 *Lunch is included.

All information about specific activities, what to wear/bring and more will be distributed to parents one week prior to the first day of each session.

Location: Bristol Hub Teen Center
Instructor: Taylor Welch **MIN/MAX:** 12/20
Age Day Time Date R/NR Fee Code
 6-12 M-F 9:00-3:00P 7/27-7/31 \$200/210 210202-04
 6-12 M-F 9:00-3:00P 8/3-8/7 \$200/210 210202-05



Hub Camp

Each week long session will be sporting theme, from Art to Environmental to Movement. Activities each week will range from more traditional camp activities, like kickball and tie-dyeing to more theme centric activities, such as planting pollinator plants during environmental week and how to build a Rube-Goldberg machine during our make it break it week. The Hub is excited to bring in different instructors to teach and lead activities during the different weeks. Kids will develop interests and skills associated with those interests while hanging at the awesome Hub space and adventuring around Bristol.
 *Lunch is included.

Location: Bristol Hub Teen Center
Instructor: Taylor Welch **MIN/MAX:** 12/20
Age Day Time Date R/NR Fee
 10-15 M-F 8:00-3:00P 6/29-7/2 \$200/210
 10-15 M-F 8:00-3:00P 7/6-7/10 \$200/210
 10-15 M-F 8:00-3:00P 7/20-7/24 \$200/210

Cycling Workshops and Events



Indoor Mt. Bike Clinics

Trail Side Fix Clinic: We will learn how to change a flat tire, including removing the elusive back wheel, fix a broken chain, and learn what tools to have at all times. Come to this hands-on clinic to practice so you will be confident on the trail to tackle common problems. Be that rider who everyone wants on their ride.

Location: Holley Hall

Instructor: Meridith McFarland MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee
All	Tu	6:00-7:00P	3/24	\$10/10

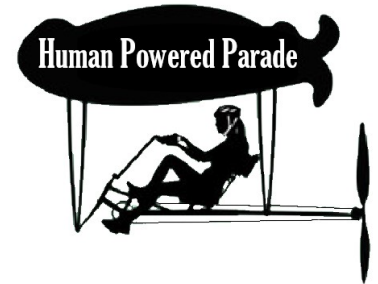
Suspension Setup Clinic: You check your tire pressure before riding, right? When was the last time you checked your suspension settings? Bring your bike so we can learn about the red and blue knobs and screws on your fork and shock, as well as the bunnies, turtles, pluses, and minuses on your bike. We will define air pressure and sag, rebound and compression damping, and pre load. We will clear up the mysteries behind the suspension, so you can adjust your bike to fit your riding style! We will work in small groups to walk each participant through an individualized suspension set-up. BYOB(ike)

Location: Hub Teen Center

Instructor: Meridith McFarland MIN/MAX: 5/15

Age	Day	Time	Date	R/NR Fee
All	M	6:00-7:00P	4/6	\$10/10

Human Powered Parade & Celebration



Let's activate our shared potential for human change! Join the positive revolution and activate your voice, your wheels and your imagination! This community event launches with a professional high flying BMX show and moves through town on human powered wheels. An after party will include a community-wide party at the skate park with bands, pickleball, cargo bike test rides and bike races for kids. Don't miss this growing tradition. If you would like to volunteer contact Melanie bikingmelanie@gmail.com Keep your eyes peeled for community bike decorating workshops during the first week of May. www.humanpoweredparade.org

Location: Bristol Town Green

Instructor: Melanie Kessler

Age	Day	Time	Date	R/NR Fee
All	Su	10:00-2:30P	5/9	\$0/0

Learn to Ride Workshop

Local Motion uses the "balance bike" method to help kids lose the training wheels and learn to ride in just a few hours. The Balance Bike method allows children to practice balancing before combining it with pedaling. For many children, breaking up the tasks helps them learn how to ride their bicycle more quickly and with less stress. Most kids leave riding a bike within an hour! If you are interested in volunteering as a bike trainer, training occurs from 9:30 - 10 .

Location: Bristol Elementary School Parking Lot

Instructor: Melanie Kessler

Age	Day	Time	Date	R/NR Fee
Under 7	Sa	10:00-11:00	4/18	\$25/25
Over 7	Sa	11:30-12:30	4/18	\$25/25

Bike Fix It Day/Community Bike Share

Our community would like to get as many kids on bikes for the Human Powered Parade as possible by May. In order to do this, we have put together a group of volunteer mechanics to get your bikes going for free. Mechanics will be available to do basic mechanics including fixing flat tires, replacing or greasing up chains and adjusting brakes and shifters. We are also seeking extra bikes from community members that can be redistributed to youth around town.

Location: Bristol Town Green

Instructor: Melanie Kessler

Age	Day	Time	Date	R/NR Fee
All	Sa	9:00-2:00	4/11	\$0/0

Become a Bristol Rec Dept Volunteer

Come and join our growing network of volunteers and become part of a team that is making a difference! Volunteers help with everything from clean-up projects to event planning and setup.

Begin by completing and mailing in the application below or you can find the application online at bristolvtrec.com

*For more information, contact the Bristol Recreation Department
453-5885 or recdirector@bristolvt.org*



Bristol Recreation Department Volunteer Application

Full Name: _____

Primary Phone: _____

Address: _____

City: _____ State : _____ Zip: _____

Email: _____

IF student, please list school : _____ Grade: _____

*Please mail completed application to Bristol Recreation Department
PO Box 249 Bristol VT 05443*



Bristol Recreation Department

PO Box 249, Bristol, Vermont 05443
Phone: 453-5885 Fax: 453-5188 Email: recdirector@bristolvt.org
www.Bristolvtrec.com



Household Information Form

Today's Date: _____

Household Last Name: _____ Resident: _____ Non-Resident: _____
Household Primary Email Address: _____

HOUSEHOLD PRIMARY CONTACT INFORMATION:

Name (First, Last): _____ Date of Birth: _____
Gender: _____ Address: _____
City: _____ State: _____ Zip: _____
Phone (primary) : _____
Email (if different from above): _____

EMERGENCY CONTACT INFORMATION (Other than person above)

Name (First, Last): _____
Relationship: _____
Phone (Primary): _____
Email: _____

FAMILY MEMBER INFORMATION: (Children and/or other household members)

Name (First, Last): _____ Gender: _____
Date of Birth: _____ Grade (grade entering if after 6/1) _____
School: _____
Special Accommodations: _____

FAMILY MEMBER INFORMATION: (Children and/or other household members)

Name (First, Last): _____ Gender: _____
Date of Birth: _____ Grade (grade entering if after 6/1) _____
School: _____
Special Accommodations: _____

FAMILY MEMBER INFORMATION: (Children and/or other household members)

Name (First, Last): _____ Gender: _____
Date of Birth: _____ Grade (grade entering if after 6/1) _____
School: _____
Special Accommodations: _____

ADDITIONAL INFORMATION

Would you like to receive updates regarding upcoming events by email? Yes No

For Office Use Only:

DATE: _____ CHECK: _____ AMOUNT ENCLOSED: _____ RECORDED: _____



Bristol Recreation Department

PO Box 249, Bristol, Vermont 05443
Phone: 453-5885 Fax: 453-5188 Email: recdirector@bristolvt.org
www.Bristolvtrec.com



Registration Form

*Be sure to first fill out the Household Information form before completing this form.
Mail both completed forms to the Recreation Department.*

Household Last Name: _____ Resident: _____ Non-Resident: _____

REGISTRATION INFORMATION

Name (First/Last)	Program Name	Program Number	Fee

Total : _____

WAIVER AGREEMENT

I am fully aware of the risks inherent in the above-named programs and hereby give my consent for myself and/or the name(s) listed above to participate in the programs we have registered for.

I agree to hold harmless the Bristol Recreation Department, the Town of Bristol, its employees, elected officials and any paid or volunteer staff from any and all liability from any injury, claims, costs or loss of service which might be incurred by participation in said programs, activities or events.

I understand that medical insurance coverage is not provided. Permission is hereby granted for the person(s) listed on this form to receive emergency treatment, if needed, and I authorize the attending physician to administer any necessary medical attention. Furthermore, I certify that there are no limitations for the person(s) listed on this form, except as stated.

CONSENT: I hereby consent to and authorize the Town of Bristol the rights to publish, reproduce, and use for advertising purposes, any photograph, video image, audio recording, or any other likeness of myself or the person(s) listed on this form.

I have read this document carefully and sign it voluntarily with full knowledge of its significance.

SIGNATURE: _____ DATE: _____

(Signature of parent/guardian if participant is under 18 years old)

For Office Use Only:

DATE: _____ CHECK: _____

AMOUNT ENCLOSED: _____ RECORDED: _____



Bristol's Teen Center
110 Airport Drive
Open afterschool
2:45 to 6pm

What if there was a place for your teen to explore new hobbies, meet new friends, get homework help, get a meal after school, make safe and informed decisions, have freedom to express themselves through music and art, learn about career paths from members of the Five Town Community and so much more?

That place exists at the Bristol Hub Teen Center.

No Hate, No Violence, No drugs

We are a safe space for any teen, ages 12-18

OFFER A PROGRAM WITH US

Is there an activity you would like to organize?

Do you have a talent you would like to share?

If so, submitting a proposal is the first step!

All classes should emphasize learning and/or practicing a skill or activity in a fun and engaging way.



Give us a call at 453-5885 or email recredirector@bristolvt.org to request a program proposal form

Are you looking for a place to host a special event?



We've got room for you at Holley Hall!

Whatever the occasion; wedding reception, birthday, meeting, or family get-together.

Holley Hall is a lovely place for all of your gatherings

For more information, please visit bristolvtrec.com or call the Recreation Office at 453-5885

